

## Volunteer, Inmate Leisure Time & Self Help Program Inventory 2012

<b>Central California Women's Facility (CCWF)</b> <b>23370 Road 22</b> <b>Chowchilla, Ca. 93610</b>		<b>Bill Parker</b> <b>Community Resource Manager (A)</b> <b>(559) 665-5531 ext. 5104</b>
Program Name	Program Description	
1. Alcoholic Anonymous (AA) - EOP	12 step recovery program where inmates learn to acknowledge alcohol addiction and the need to live a sober life. Literature and materials provided	
2. Alcoholic Anonymous (AA) - SNF	12 step recovery program where inmates learn to acknowledge alcohol addiction and the need to live a sober life. Literature and materials provided	
3. Alcoholic Anonymous (AA)	12 step recovery program where inmates learn to acknowledge alcohol addiction and the need to live a sober life. Literature and materials provided	
4. Alcoholic Anonymous Spanish	Spanish 12 step recovery program where inmates learn to acknowledge alcohol and addiction and the need to live a sober life. Literature and materials provided	
5. Alternatives to Violence Program (AVP)	The fundamental belief of AVP is that there is a power for peace and good in everyone, and that this power has the ability to transform violence. AVP builds on a spiritual base of caring for self and others.	
6. American Indian Cultural Group	Increases cultural understanding of Native Americans through weekly courses designed by the Native American Spiritual Leader with the assistance of outside volunteers.	
7. American Sign Language (ASL)	Beginning, Intermediate, and Advanced classes on the usage of ASL in religious/everyday setting. This is a college-accredited course through Fresno Missionary Baptist Institute and Seminary	
8. Anger Management	A self-help group that recognize and manages anger. By gaining a better understanding of self, individuals can learn to better control anger so that it does not lead to violent outburst or actions that are harmful to others. Literature and materials provided	
9. Beyond Incarceration	This is an 18-member panel of inmates chosen for their exceptional programming and disciplinary-free lifestyle... They have completed a videotape of inmate interviews that is shown to middle school students in the hope of diverting the students from a life of crime. Additionally, the inmate panel periodically holds video-conferences with at-risk youth. This panel also is involved in collecting re-entry, housing and employment opportunity data to be made available to the inmate population via the GP Library. In addition, two facilitators from the panel meet to provide GED preparation workshops to interested inmates. BIP also holds "Get Out, Stay Out" (GOSO) inmate-facilitated workshops for GP inmates. This workshop provides lessons on resume writing and interview skills. Literature and materials provided	
10. Cancer Support Group	Volunteers from the American Cancer Society meet with inmates once a month to discuss types of cancer, symptoms and treatments. DVD's are shown, handouts are provided.	
11. Celebrate Recovery	A Christ-centered 12 Step program based on the eight recovery principles found in the Beatitudes, with Jesus Christ as your Higher Power. These groups are in Spanish and English	

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12. Comfort Care (HOSPICE)	This is a program that involves inmate volunteers trained to provide comfort to sick and/or terminal inmates. The volunteers are scheduled by to rotate daily throughout the Skilled Nursing Facility ministering to inmates in need of comfort and companionship. They also provide around-the-clock vigils for critically ill Hospice patients. The Comfort Care volunteers also meet every month for a Cancer Support meeting presented by community volunteers from the American Cancer Society. Literature and materials provided
13. Creative Writing Program	A writing class focused on encouraging women to reflect on their personal limitations and their responsibility to a community. Literature and materials provided
14. Criminals & Gangs Anonymous (CGA)	A self-help group that focuses rehabilitation and gang intervention. Literature and materials provided
15. Emotions Anonymous	A self-help group that focuses on recovery from depression, anger, broken or strained relationships, grief, anxiety, low self-esteem, panic, abnormal fears and other emotional issues.
16. Freedom to Choose	Three-day workshop focusing on Perception Checking, Responsible Choices, Personal Responsibility, Compassionate Self-Forgiveness, and Freedom from Limiting Beliefs.
17. Friend 2 Friend Mentoring Program	This program matches outside volunteers with incarcerated women that do not receive frequent visitation. The basis of this program is to encourage these women and strengthen them in their walk
18. Getting out by Going in (GOGI)	A program that helps one use avenues of mediation and development breathing to relieve anger.
19. Generation 2 Generation	Generation 2 Generation (G2G) was established as a self-help group dedicated to the women who are active or non-active gang members seeking support and intervention. The group works together as a positive peer support unit with the primary objective and purpose to focus on self-help through inmate-facilitated committees and workshops. Literature and materials provided
20. Girl Scouts Behind Bars	Mothers and daughters meeting to learn Girl Scout pledges, history, philosophy, and social skills.
21. Grief Workshop	This group offers a safe and secure environment to express an individual person's grief and then gives them tools in which to process.
22. Housing Unit Workshops	Workshops are inmate-facilitated and include Alcoholics Anonymous, Building Self-Awareness, Cage Your Rage, Cage Your Rage in (Spanish), Conflict Resolution, Healing Journey, Health and Wellness, It's Not Okay Any more, Life Skills, Narcotics Anonymous, Overcoming Addictive Behaviors, Peer Pressure, Relapse Prevention, and 99 Days and Get Up. Literature, workbooks and materials provided

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23. Helping Others with Life Skills (HOWL)	This is a 20-member panel of inmates chosen for their exceptional programming and disciplinary-free lifestyle... Facilitators from the panel meet to provide life skills workshops to interested inmates. Currently offering <i>A Place Called Self</i> workshop to GP inmates. Literature and materials provided
24. Houses of Healing	This group focuses on self-development. With the aid of a teaching video and book, this group explores the inner child, and the development of self as a process
25. Jewish Committee for Personal Service (JCPS)	Jewish approach to 12-step program and recovery
26. Juvenile Offender's Committee	The Juvenile Offender's Committee (JOC) membership consists of inmates who were 21 and under at the time of their crime. JOC activities include monthly and quarterly meetings, special seminars, educational workshops, guest speakers, and recreational activities and events
27. Kairos	This is a group of volunteers dedicated to bring Christ's love and forgiveness to all incarcerated individuals, their families, those who work with them, and to assist the incarcerated in the transition to becoming a productive citizen
28. LifeScripting	An 80-hour program focused on healing from traumatic experiences incurred as children or adults. The workshops provide tools for women to change the interpretation and response to their negative experience.
29. Long Termers Organization (LTO)	This is a group of inmates who have ten or more years to serve. The LTO has meetings, educational workshops and recreational activities. There are six subcommittees: Special Events, Health, Lifers (which includes New Lifers and LWOP), Education, and Legal. LTO officers and facilitators also meet three times a month to present self-help workshops. Currently they are presenting <i>A Woman's Way through the Twelve Steps</i> and <i>Relapse Prevention</i> to general population inmates. Literature, workbooks and materials provided
30. Narcotics Anonymous (NA)	12 step recovery program where inmates learn to acknowledge narcotic addiction and the need to live a drug-free life. Literature and materials provided
31. Narcotics Anonymous-Spanish	12 step recovery program where inmates learn to acknowledge narcotic addiction and the need to live a drug-free life. Literature and materials provided
32. Meditation	Teaching meditation techniques and guided meditation exercises
33. Prison of Peace	Workshops dealing with mediation, restorative justice and moral engagement
34. Purpose Driven Life	This class uses the teaching video, curriculum and workbook taught by Rick Warren. This class is for the kind of Christian who sincerely desires to live for God and yet struggles to stay on track
35. Self Awareness (What Happened)	A class teaching on love, respect of oneself and others.
36. Silver Foxes	The group is for members 55 years of age and older and meets as needed to discuss elderly issues and concerns. Literature and materials provided

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37. SOAR	This is a group focused on preparing women for reintegration back into society. This group is facilitated by brown card volunteers and last up to two years
38. TUMI	A four year Capstone Curriculum course provides seminary-level education.
39. U-Turn	This is a juvenile and drug abuse diversion project. Local schools and organizations bring "at-risk" juveniles into the prison for a first-hand view of the realities of prison life.
40. The Lioness Tale Prison Project Litt-Up	This group focuses on self-discovery. It works on insight and how to change within using various techniques. This is a group unitlized the book "The Lioness Tale" and is facilitated by Its author.
41. Veterans Support Group (VSG)	VSG is designed to provide peer support and information regarding programs and benefits available to Veterans. The VSG also meets once a quarter with a Veterans' Affairs Re-Entry Specialist.
42. Victim Offender Education Group (VOEG)	Supports incarcerated individuals in the process of understanding and developing insight into the underlying circumstances of their lives and the choices that led them to come to prison. The process utilizes a Restorative Justice approach and philosophy to help offenders hold themselves accountable for their crime(s) and understand the impact of their actions on their victim(s), communities, families and themselves. Literature and materials provided
43. White Bison	Native American spiritual based substance abuse program, DVD;s, workbooks and educational materials provided
44. A Women's Way Through the Twelve Steps (Spanish)	Gender specific twelve-step program with a perspective that takes into account the psychological development of women as it relates to addiction and recovery, as well as the social and cultural factors that affect women in particular.
45. Women Against Violence and Exploitation (WAVE)	Is a gender-specific, self-help group that provides a support network for women who have suffered from the effects of domestic violence and abuse? Literature and materials provided